

Ham and Tater Logs

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The Pennsylvania State Grange Cookbook (1992)

Servings: 4

1 small onion, chopped

1 cup mashed potatoes

*1/2 cup cooked ham,
chopped*

1 egg , beaten

1/2 cup flour

1/2 cup bread crumbs

1/4 cup oil

In a nonstick skillet, saute' the onion until tender.

In a bowl, combine the onion, potatoes, ham, egg and flour. Mix well.

Shqpe the mixture into two- or three-inch logs.
Roll in the bread crumbs.

In a skillet, fry the logs in oil until browned, turning once.

*You may substitute cooked
ground beef, crumbled
bacon or cooked sausage
for the ham.*

Per Serving (excluding unknown items): 313 Calories; 17g Fat (50.1% calories from fat); 8g Protein; 31g Carbohydrate; 2g Dietary Fiber; 11mg Cholesterol; 463mg Sodium. Exchanges: 2 Grain(Starch); 1/2 Lean Meat; 1/2 Vegetable; 3 Fat.